

Pyramid Power

Vermont Department of Education
Child Nutrition Programs

Food Guide Pyramid





**Bread, Cereal, Rice
& Pasta Group:
6 – 11 Servings**

What Counts as a Bread/Grain Serving?

- 1 slice of bread
- ~ 1 cup ready-to-eat cereal
- ½ cup cooked cereal
- ½ cup rice or pasta



**Fruit Group:
2-4 Servings**

What Counts as a Fruit Serving?

- 1 medium apple, banana, orange, pear
- ½ cup chopped, cooked or canned fruit
- ¾ cup fruit juice

Vegetable Group:
3 - 5 Servings



What Counts as a Vegetable Serving?

- 1 cup of raw leafy vegetables
- ½ cup other vegetables (cooked or raw)
- ¾ cup vegetable juice



**Meat, Poultry, Fish, Dry
Beans, Eggs & Bean Group**

2 -3 Servings

What Counts as a Milk/Yogurt/Cheese Serving?

- 1 cup of milk or yogurt
- 1 ½ oz natural cheese (ex. cheddar, mozzarella)
- 2 oz processed cheese

**Milk, Yogurt, &
Cheese:**

2 - 3 Servings

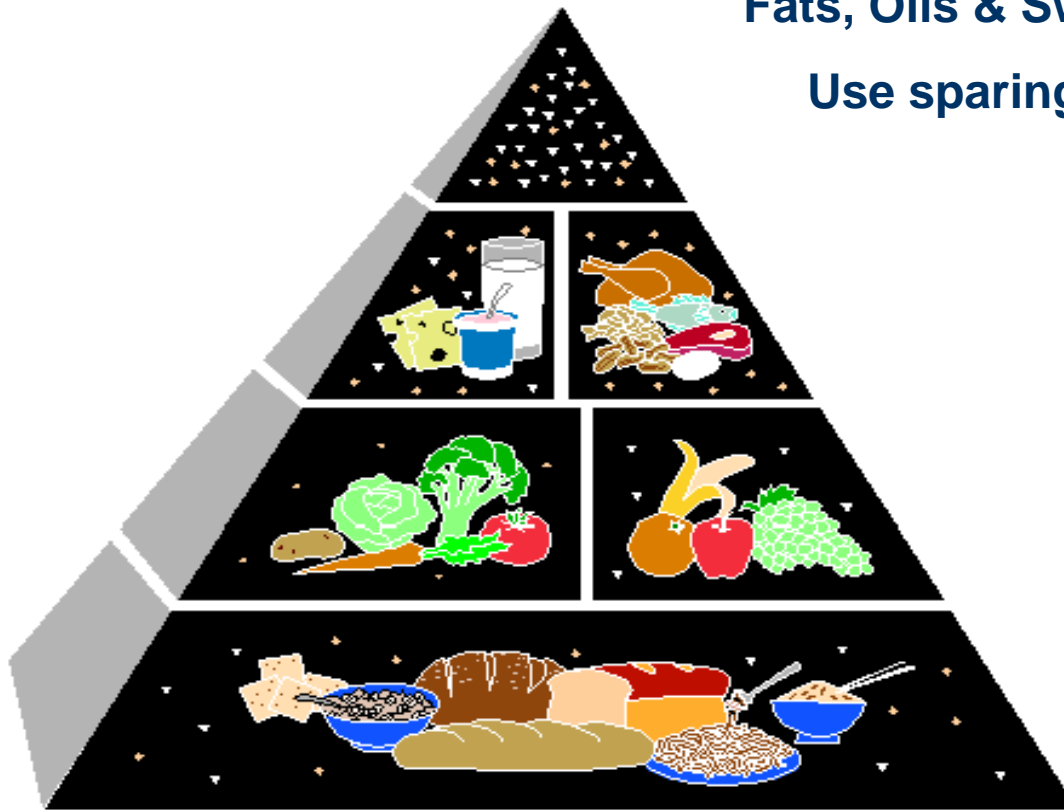


What Counts as a Meat Serving?

- 2 – 3 oz of cooked lean meat, poultry or fish
- ½ cup cooked dry beans = 1 oz meat
- ½ cup tofu = 1 oz meat
- 2 ½ oz soyburger = 1 oz meat
- 1 egg = 1 oz meat
- 2 T peanut butter = 1 oz meat
- 1/3 cup nuts = 1 oz meat

Fats, Oils & Sweets

Use sparingly



What is a Food Portion?

- The amount of a specific food an individual eats for breakfast, lunch, dinner, snack or other eating occasion.

Larger Portions are Everywhere!

- Big Mac
- Extra large soda containers
- Grande, Vente Lattes
- Large Size “diet” frozen dinners
- Larger portions in cookbooks

Portion Size Changes

Food Item	1977		1997	
	Serving Size	Calories	Serving Size	Calories
Soda	10 oz	120	40 – 60 oz	580
Burger	3 – 4 oz	330	6 – 8 oz	650
French Fries	30 fries	475	50 fries	790
TOTAL		925		2020

The Result

- Large portions lead to greater food consumption
- Obesity is a direct result

Solution

- Focus on appropriate portion sizes
- Use USDA resources
 - Food Buying Guide
 - Meal patterns
 - Bread/grain chart
- Measure
- Weigh

Portion Control

- Ensures that children receive proper nutrients
- Consistency
- Cost control
- Minimizes waste

Portion Control Techniques

- Specifications
- Equipment:
 - Scales
 - Scoops
 - Ladles
 - Spoodles
 - Tongs

Food Labels

- Required by Food and Drug Administration
- Provide more complete, useful and accurate nutrition information

Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Start
Here

Limit these
Nutrients

Get Enough
of these
Nutrients

Footnote

Quick Guide to % Daily Value

5% or less is Low

20% or more is High

Percent Daily Value (%DV)

- Tells you if the nutrients in a serving contribute a lot or a little to your total daily diet.
- Based on a 2,000 calorie diet.
- Easy to compare products by looking at the %DV

Nutrient Analysis

- Provides a mechanism for determining the nutrient value:
 - Food items
 - Recipes
 - Meals offered
- Assists Child Nutrition Programs to monitor adherence to the Nutrient Standards